

A guide for people living with memory problems or Dementia, and their carers in Bollington, Disley and Poynton



Version: January 2026

Produced by

Poynton with Worth Town Council

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Introduction

If you have memory problems, a diagnosis of dementia or care for someone living with dementia, this booklet aims to provide details and help navigate the services and support available from different organisations and groups to help you or the person you care for in the Bollington, Disley and Poynton Care Community.

The booklet provides summary information and details where to find out more information, and is the reason for the detailed index, so readers are able to go to a relevant section quickly.

The booklet has been compiled from a number of different sources but isn't an exhaustive list of what's available. Information can also change. If you find some information isn't correct or you become aware of a service or organisation who you think others would benefit from knowing about, please contact Poynton Town Council on 01625 872238 with more information so it can be included in future publications.

The booklet aims to signpost you to what's available out there, it's not an endorsement of the services contained within.



Important message:

Ask for help when you need it, and ideally before anything becomes a real problem.

If you haven't done so already and you are concerned about your memory or a member of your family's memory, it's important to seek professional help as soon as you can. There are other reasons that may cause similar symptoms, so it's important to rule other problems out. Contact your local G.P. practice for advice.

What is Dementia

Dementia describes a group of symptoms that include problems with memory, thinking or language, and changes in mood, emotions, perception, and behaviour.

Dementia is a progressive disease, which means symptoms may be relatively mild at first, but they get worse over time. There are many types of dementia, but Alzheimer's disease is the most common.

(Definition taken from "What is Dementia?" by the Alzheimer's Society)

The risk of Dementia

Reducing the risk of dementia or delaying its onset, can be influenced by a wide range of lifestyle factors. Exercise in older people is associated with a slower rate of decline in memory and some thinking skills that occur with ageing.

Encouraging people (particularly in their forties and fifties) to reduce their risk of dementia will support them in living longer, healthier lives.

There are several lifestyle factors that can increase the risk of dementia:

- A sedentary lifestyle
- Excessive alcohol consumption
- Eating a poor diet, high in saturated fat, sugar and salt
- Obesity in midlife
- Smoking

Dementia symptoms

Everyone experiences dementia differently and different types of dementia can also affect people differently. Symptoms might include:

- decline in memory i.e. difficulty recalling things that happened recently (short term memory) /difficulty remembering events from the past (long term memory)
- difficulties with attention and concentration
- language difficulties e.g. finding it difficult to understand what others say, difficulty finding the right word, finding it difficult to express in words
- difficulty in recognising familiar faces, places and things
- decline in activities of daily living e.g. personal hygiene, cooking, cleaning, shopping, handling money, driving
- getting lost on what are familiar routes
- decline in judgement, planning and decision making
- changes in sleeping and eating habits
- behavioural symptoms e.g. being more irritable than usual, becoming aggressive, wandering, sexual disinhibition
- psychological symptoms i.e. low mood, anxiety, paranoia, hallucinations



The Middlewood Partnership: General Practice services in Bollington, Disley and Poynton.

Disley: The Middlewood Partnership: The Schoolhouse Surgery

Address: 2 Buxton Old Road, Disley, Stockport, Cheshire. SK12 2BB

Phone: 01663 762484 / 01663 764488

Website: <https://middlewoodpartnership.co.uk/>

Out of Hours: 111

Poynton: The Middlewood Partnership: McIlvride Medical Practice

Address: The Chestnuts, 5 Chester Road, Poynton, Stockport, Cheshire. SK12 1EU

Phone: 01625 872134

Website: <https://middlewoodpartnership.co.uk/>

Out of Hours: 111

Poynton: The Middlewood Partnership: Priorslegh Medical Centre

Address: Civic Centre, Off Park Lane, Poynton, Stockport, Cheshire. SK12 1GP

Phone: 01625 872299

Website: <https://middlewoodpartnership.co.uk/>

Out of Hours: 111

Bollington: The Middlewood Partnership: Bollington Medical Centre

Address: Wellington Rd, Bollington, Macclesfield. SK10 5JH.

Phone: 01625 462593

Website: <https://middlewoodpartnership.co.uk/>

Out of Hours: 111



Medical appointments



PATCHS is a way for you to ask your GP surgery for help online. You can make an appointment to see a doctor or nurse for routine requests at The Middlewood Partnership by sending an online request using PATCHS which can be accessed via the Middlewood Partnership website between 8am and 6.30pm, Monday to Friday. After you send your request, a trained staff member and a GP or nurse will look at it. They aim to let you know what the next steps are within one working day.

Sometimes PATCHS may be closed for new urgent requests, especially if very busy, to make sure everyone can be seen safely. If PATCHS is not available call one of the practices on the telephone number.

Do not call the surgery for medical emergencies. You should instead call 999 or go to your nearest A&E.

Use the NHS app or online access to order repeat prescriptions.



Dementia assessment and diagnosis

Diagnosis is made by bringing together information from different sources including; information from the person and from those who know the individual well, memory tests, blood tests and possibly a brain scan. A brain scan is not always necessary to determine a diagnosis. Once a formal diagnosis is received, there'll be a referral to the Dementia Reablement Service or you can self-refer as long as you have had a diagnosis of dementia. See page 21.

Management of Dementia - medication

There is no cure yet for dementia and there is much still to learn about the condition, but there are certain treatments and strategies, including medications that can slow down the further decline in mental abilities. The aim of this is to help people with dementia have the highest possible quality of life, and is why health professionals will generally recommend a non-drug approach first before prescribing medication, unless symptoms are causing distress or risk of potential harm.

There are drugs that can help with the symptoms of dementia. Potential benefits of dementia medication include:

- to slow down the decline in mental abilities.
- improve mood and motivation.
- lessen agitation.
- helpful in reducing visual hallucinations.

For a person with vascular dementia, drugs will be offered to treat the underlying medical conditions that cause this type of dementia. These conditions often include high blood pressure, high cholesterol, diabetes or heart problems.

It's important to take medication regularly in order to see the full effect of the medication.

It's also important to be aware that some medication can produce side effects. Not everyone gets side effects and they tend to be temporary. They are most likely to occur either at the start of the therapy or when the dose is increased. In order to minimize the risk of potential side effects, it's usual to start with a low dose and increase it slowly.

More information about different treatments is available on the Alzheimer's Society website below.

<https://www.alzheimers.org.uk/about-dementia/treatments>



Living well with Dementia

It's important to remain as fit and healthy as possible. These are some suggestions that help you to stay healthy.

Eat well

- Eating sugary foods can cause peaks and troughs in energy levels, making mood swings worse, try and avoid them.
- Make sure meals aren't missed.
- Consider finger foods if it's a struggle to eat using cutlery. 'Soft' foods are sometimes easier to deal with too.
- Drink plenty of fluids. Dehydration is a health risk and can increase confusion in someone with dementia. Older people should drink about 1.6 litres or six to seven glasses of water a day.

Stop smoking

- Smoking is bad for us all, however when a person has memory loss, smoking can also mean an increased fire risk.

Sleeping well

- People with dementia can become confused about night and day and may get up in the middle of the night, thinking that it is morning. Things that can help include:
- Limiting daytime naps (which can impact on sleeping through the night) and ensuring a range of stimulating activities to prevent dozing off during the day.
- Avoid caffeinated drinks such as tea and coffee, particularly in the evening.
- Take some form of exercise during the day.
- Finding soothing and relaxing ways to encourage sleep, such as a warm milky drink (which does not contain caffeine) at bedtime.

Support positive mental health

- A certain amount of depression or anxiety is very common in people with dementia - particularly in the early stages. As a carer or family member it's important to listen, offer affection, reassurance and support. Do not brush feelings aside or attempt to 'jolly them along' - their feelings are very real. If you are a person with memory problems or dementia, try and explain how you are feeling to others so they understand better.
- If a person is extremely depressed or anxious, ask a GP for advice - the sooner the better.

Manage alcohol intake

- Having a drink in company can be a pleasant way to relax. However, people with dementia can become more confused after a drink.
- Alcohol doesn't mix well with certain medicines. If in doubt, ask a GP or nurse for advice.



Living well with Dementia cont'd.

Help with hearing

- Poor hearing can add to feelings of confusion and isolation. Ask a GP for a referral for a hearing test. The test and hearing aids, if needed, are free on the NHS.
- If a hearing aid is being used, make sure it's switched on and working properly.
As a carer:
- If hearing difficulties can't be resolved using a hearing aid, try to attract attention before speaking e.g. by touching an arm, facing each other when talking and speaking slowly and clearly.
- Change words rather than repeating the same phrase more loudly.
- Move away from distractions such as the television, radio or loud voices.
- Keep questions simple, with not too many questions at a time.

Looking after your eyesight

- Problems with eyesight can increase confusion in people with dementia and can make it harder to recognise people or objects. Optometrists have special techniques for assessing sight, which are useful for people in the later stages of dementia.
- If glasses have been prescribed, use them to prevent additional eye strain. As a carer, if someone with dementia has sight problems, you may need to tactfully remind them to wear their glasses and check that lenses are clean.



Make your home safe and comfortable

Not being able to recognise or interpret objects can cause a good deal of frustration or create safety issues. To help a person with dementia or memory problems maintain their independence it's important to make their home as easy to manage as possible.

Changes to a home do not have to be expensive. With some simple adjustments, a home can become safer and more comfortable, enabling independence and allowing a person to potentially remain in their home for longer.

<https://www.dementiauk.org/get-support/maintaining-health-in-dementia/safe-comfortable-home-for-a-person-with-dementia/>

Preventing falls at home

People living with dementia are at an increased risk of falling, and may also find it harder to recover from injury afterwards.

If a fall occurs, it's important to work out the cause so steps can be taken to prevent it from happening in future.

To prevent falls around the house consider the following:

- remove rugs, as they can be loose and are easy to trip over
- make sure footwear or slippers fit properly
- remove other trip hazards, including objects and wires on the floor
- keep essential objects, such as glasses or television remotes in one set place, within easy reach
- don't rush or carry too much at once
- install bannisters or rails, to help with getting up and down stairs, or navigating around a bathroom
- encourage good general physical health and hydration
- be mindful of pets - if they're small, they can be easy to trip over

A personal alarm can help to raise assistance if falling is a problem.

Occupational Therapy Service - Cheshire East Council

Occupational Therapists (OTs) carry out assessments and will help you to move around and manage everyday tasks that help people to remain as independent as possible in their own homes. This may include identifying equipment and/or adaptations at home. Advice and information can be offered over the telephone or a home visit may be required.

If major alterations to your home are required such as putting in a stair-lift or wet-floor shower, it might be possible to qualify for a Disabled Facilities Grant (DFG) to help pay for the work. This is dependent upon on finances.



Mobility

If you have problems getting around your home, or getting out and about, there is a range of equipment available to help you. This can include electronic sensors, detectors, monitors, apps and alarms that can keep you safe at home. A video door bell can let you know who's at the door before answering.

<https://www.cheshireeast.gov.uk/livewell/living-independently/equipment-for-independent-living>

Assistive technology - Telecare

Assistive Technology (also sometimes referred to as Telecare) is a range of electronic gadgets that can help people to live independently in their own home. This includes things such as:

- sensors/detectors that link to a monitoring centre. For example; a falls detector, pendant alarm, smoke, low temperature and property exit sensors
- devices which use GPS to raise alerts to a carer or monitoring centres
- triggers/sensors that can support a person or their carer in and around the home. For example; pendant buttons, door contacts or motion sensors linked to a pager

The service includes support from a response centre and a falls pick up service.

Cheshire East Council's partner for Assistive Technology is Livity Life. You can call them to speak about accessing the service privately on 0800 130 0011 or via www.mi-guardian.com

Assessment for the service is free. However, if the service is obtained privately, a regular payment will be required to the organisation. If technology is recommended as part of a social care needs assessment, then the council's Charging Policy will apply.

<https://www.cheshireeast.gov.uk/livewell/living-independently/equipment-for-independent-living/remote-support-to-keep-people-safe-telecare.aspx>

Care and Repair Service

Care and Repair is a service for older, disabled or vulnerable people who guide you through the process of carrying out adaptations in their own home. To qualify, you will need an Occupational Therapy assessment first.

Email: careandrepair@cheshireeast.gov.uk

Phone: 0300 123 5017 (select option 4)

Useful links for memory aids, clothing and continence

<https://www.adaptawear.com/> <https://able2wear.co.uk/>

<https://www.completecareshop.co.uk/>

<https://shop.alzheimers.org.uk/collections/assistive-products>

<https://www.dementiauk.org/information-and-support/health-advice/incontinence/>



Safe and Well Visit - Cheshire Fire & Rescue Service



Cheshire Fire and Rescue Service offer a free 'Safe and Well Visit' for people who are aged over 65 and for people who are referred to us by partner agencies because they are considered to be at a particular risk.

Their website contains lots of useful information along with an opportunity to have a Home Fire Safety Check. See the link for more information.

<https://www.cheshirefire.gov.uk/your-safety/home-fire-safety-check/>

Support for a person living with dementia

Working with dementia

It may be possible to carry on working following a diagnosis of dementia. Consultation with an employer could mean a change in job role or reduction in hours. It may also be possible to claim benefits i.e. Employment Support Allowance or Universal Credit.

<https://www.alzheimers.org.uk/blog/work-dementia-how-tell-employer-diagnosis>

<https://www.alzheimers.org.uk/sites/default/files/2018-10/Employment.pdf>

Attendance Allowance

Attendance Allowance helps with extra costs if a person has a disability severe enough that requires a person to look after them, and is not means tested.

It's paid at two different rates depending on the level of care that is needed because of a disability if the person is both:

- physically or mentally disabled
- State Pension age or older

It does not cover mobility needs. Other benefits can increase if a person receives Attendance Allowance. A person does not have to have someone caring for them in order to claim. Request a claim form, go to

<https://www.gov.uk/government/publications/attendance-allowance-claim-form>

If help is needed to complete the claim form, you can contact the Department of Work and Pensions, Cheshire Carers Hub or Age UK Cheshire.

Attendance Allowance Helpline: 0800 731 0122.

Assessment of care needs

If a person living with dementia is finding it difficult to cope with every day living tasks, then additional support may be required. Everyone is entitled to an assessment from Adult Social Care. The assessment will identify whether care and support needs are something that the Council can help with, and advice or signposting to services, that can provide support will be offered. This may include financial support subject to a financial assessment.

Ask a GP or another medical professional, for a referral or contact Adult Social Care on 0300 123 5010.

Council Tax reduction

You are eligible for a Council Tax reduction following a diagnosis of dementia. Upon receiving Attendance Allowance you might also be eligible for a reduction in your council tax as long as you are 65 years + and of pensionable age. You can still apply for the exemption from Council tax charges if you are not in receipt of Attendance Allowance. If you are younger, then you will have to show evidence of benefit that you receive. Telephone Cheshire East Tax Information Line on 0300 123 5013.

VAT relief for disabled people

Anyone with a disability or a long-term illness will not be charged VAT on products designed or adapted for personal or domestic use. Here's more information

<https://www.gov.uk/financial-help-disabled/vat-relief>

The Hidden Disabilities Sunflower

The Hidden Disabilities Sunflower is a simple tool to voluntarily share that a person has a disability or condition that may not be immediately apparent – and may need a helping hand, understanding, or more time in shops, at work, on transport, or in public spaces.

The Sunflower lanyard is now recognised across a broad range of sectors ranging from retail, airlines, railways, leisure facilities, emergency services and theatres, etc. To get a lanyard see <https://hiddendisabilitiesstore.com/>



The Herbert Protocol

The Herbert Protocol is a form which is kept at home, or in a safe place, with important information about a vulnerable person, that is useful for the emergency services, should they go missing. It ensures information is easily on hand about routines, medical requirements and favourite places to visit and can be handed over to the police, alleviating the worry of collecting important information during a stressful time.

- Download and complete 'The Herbert Protocol Vulnerable Adult Missing Person Profile' and retain in a safe place. <https://www.cheshire.police.uk/advice/advice-and-information/missing-person/missing-persons/vulnerable-people-at-risk-of-going-missing/dementia-missing-risk-herbert-protocol/>
- If someone goes missing: This is vital - if you can't find someone in the normal way you would expect to, then you **MUST** call the police on 999. It is quite normal to worry about calling 999. Some people are concerned that they will be criticised for calling the police, but if you are worried about a person's safety, then this will not happen.

Message In a Bottle—Macclesfield & District Lions

The Lions, Message In a Bottle scheme is a simple idea designed to encourage people to keep their personal and medical details on a standard form and in a common location – the fridge.

The bottle is kept in the fridge, where the emergency services will be able to find it in the event of being called to your home. Emergency services will know you have a bottle by the two labels displayed on the inside of the front door or on the main entrance to your home and the other on the door of your fridge.

This scheme is free to the user.

As a minimum it will save the Emergency Services valuable time identifying you and your emergency contacts. By telling whether you have special medication or allergies or not, it is a potential lifesaver and provides peace of mind to users and their friends and families.

Macclesfield & District Lions hold a stock of bottles and can be contacted on 01625 829438.

Scams

Anyone can become a victim of a scam. For advice on how to be more aware Age UK have a useful guide on how to stay safe.

<https://www.ageuk.org.uk/information-advice/money-legal/scams-fraud/scams-guide/>

Check out Cheshire East Council's information below too.

https://www.cheshireeast.gov.uk/business/trading_standards/consumers/scams_information/scams-awareness.aspx



Driving with dementia and transport

DVLA

You must tell the Driver and Vehicle Licensing Agency (DVLA) that you have dementia. There's an online form to complete or telephone 0870 6000 301.

<https://www.gov.uk/government/publications/cg1-online-confidential-medical-information>

Also tell your car insurers of the diagnosis. You may not be insured if something happens and you haven't informed them. You may have to stop driving.

There's more information here about driving that you may find useful.

<https://www.alzheimers.org.uk/get-support/staying-independent/driving-and-legal-requirements#content-start>

If a driver is able to continue driving, it's best to reduce any additional stress. Consider the following:

- drive only locally for short distances
- avoid driving at night
- avoid driving on busy roads or motorways and avoid rush hours

Having to stop driving can be difficult to adjust to but there can be some benefits too!

- It can save money on insurance and fuel
- It's an opportunity to take advantage of alternative travel options e.g. getting a free bus pass or using taxis

Getting a Blue Badge

The Blue Badge Scheme is a national parking scheme for people with disabilities (including dementia) which means they can park closer to their destination.

Badges can be obtained from Cheshire East Council.

Applications can be completed online without documents, but a visit to one of the customer service centres or library will be required where a member of the team will help with documentation. Staff at Poynton and Disley Libraries can help. The documents required include the following: proof of identity; proof of address; a passport style photograph and proof of qualifying condition. A reference number is required (this starts with SR followed by 7 digits) which is given on the screen when the application form has been completed.

For more information about how to apply for a Blue Badge see the link below.

https://www.cheshireeast.gov.uk/benefits_housing_council_tax/blue_badge_scheme/apply-for-or-renew-a-blue-badge.aspx

Cheshire East Council staff can help you if you are unable to apply online. Call them on 0300 123 5020.



Open Hands Community Transport

Based in Poynton, Open Hands Community Transport transports elderly, disabled and vulnerable local members of the community to medical appointments at hospitals, clinics, doctors, dentists or visiting loved ones in nursing homes or hospitals.

Telephone: 01625 878589. Email: admin@open-hands.org.uk

The Disley Community Bus Scheme

Disley Parish Council operates a not-for-profit community transport scheme and organises the Weekly Shopper Bus and trips. For more information see website:

<https://disleyparishcouncil.org.uk/community-bus/> Telephone: 01663 762726 or Email: admin@disleyparishcouncil.org.uk

Flexible Transport

Cheshire East Council's Flexible Transport offers local community transport for Cheshire East residents if you have a disability, are aged 80 or over, or live beyond the reach of any other public transport.

For information on all services, visit their website:

https://www.cheshireeast.gov.uk/public_transport/flexible_transport_services/cheshire-east-flexible-transport-service.aspx

The fare is £3 per journey or free if you have a concessionary bus pass.

All journeys must be pre-booked so that routes can be planned efficiently.

The core hours of the service are between 9.30am and 2.30pm Monday to Friday.

Call **0300 123 5110** to book a journey. The booking line is open 10am - 1pm, Monday to Friday.

Customers registered to use FlexiLink may request a booking by calling us between 24 hours ahead and one month in advance of when you wish to travel.



Looking after financial and personal matters

Make or update your will

If you do not have a will, think about making one or if you have one but haven't updated it for a while, think about reviewing it.

Lasting Power of Attorney (LPA)

Lasting Power of Attorney gives someone you trust permission to help you make decisions or make decisions on your behalf. There are two types of LPA, for:

- Health and welfare
- Property and financial affairs

You can set these up online <https://www.gov.uk/government/publications/make-a-lasting-power-of-attorney> or with a solicitor.

It is important to set up Lasting Power of Attorney while an individual has the mental capacity to do this.

Office of the Public Guardian

The Office of the Public Guardian (OPG) protects people in England and Wales who may not have the ability to make decisions for themselves (mental capacity), such as about their health and finance.

For any advice contact:

Office of the Public Guardian: PO Box 16185, Birmingham, B2 2WH

Email: customerservices@publicguardian.gov.uk

Telephone: 0300 456 0333

Citizens Advice - Cheshire North

Citizens Advice provide free, impartial, independent and confidential advice on most issues from employment, benefits, housing and debt. Face to face advice is offered at Poynton Civic Hall, off Park Lane, Poynton, SK12 1RB on a Tuesday and Thursday. Telephone Citizens Advice for an appointment on 01625 432847

Cheshire Independent Agents

Cheshire Independent Agents offer a financial service if help is needed with everyday money matters, benefit entitlements or for your future plans, attendance allowance, personal independence payment (pip), disability related benefits, carers allowance, lasting power of attorney, funeral plans, dealing with the affairs of the deceased, money management and much more. Free consultation.

Lisa Gordon: Telephone: 07882 591398



Care provision

A person with dementia will need more care and support as their condition progresses, and there may come a time when there's a need to move into full-time or residential care. This could be because a care home may be able to meet the needs of the person better, or it could be because something changes that then makes it difficult for the person with dementia to stay living at home.

It can be hard to know when the time is right for a person with dementia to move into a care home and who should make this decision, but there are resources available to help decision making.

<https://www.dementiauk.org/get-support/diagnosis-and-next-steps/changes-in-care/choosing-a-care-home/>

<https://www.alzheimers.org.uk/get-support/help-dementia-care/care-homes-who-decides-when>

Advance Care Planning

Advance Care Planning is a formal decision making process that helps a person to establish decisions about future care that take effect when they are no longer able to make these decisions.

Things to think about are:

- What you do want - Advance Statement of Wishes and Preferences
- What you don't want - Advance Decisions to Refuse Treatment
- Who you want to speak for you - Lasting Power of Attorney
- Make sure your wishes are known, understood and respected!



Support for carers

Information for carers

If you are a carer, your involvement is very important for the person you care for, whether the cared-for are living with you, on their own or in a care home.

If you provide care to a friend or family member with dementia, you are entitled to have a Carer's Assessment.

Let your GP know that you are a carer as this will also entitle you to certain priorities, e.g. a flu vaccination. With time you may become the main source of information about the health of the person you care for. If the person you care for agrees, contact their GP practice to discuss this.

Carer's Assessment and carer breaks

A Carer's Assessment will look at the different ways that caring affects your life, to understand how you can carry on doing the things that are important to you. Your physical, mental and emotional wellbeing will be at the heart of this assessment. The Cheshire East Carers Hub undertakes carer's assessments on behalf of the Council. They can be accessed online or telephone 0300 303 0208.

Help can include; information, advice and support services, an application to the Living Well Fund, extra support for the person who is being cared for (such as respite care).

If your assessment identifies that you have eligible needs and extra support is required for you and/or the cared for person, then the Council will follow this up with a financial assessment to assess whether you/and or the cared for person will need to contribute financially to the cost of additional support.

Carer's Allowance

A carer can get money each week if they care for someone at least 35 hours a week and receive certain benefits. A carer does not have to be related to, or live with, the person being cared for. There are eligibility criteria to receive Carer's Allowance. For more information see <https://www.gov.uk/carers-allowance>

Mobilise

Mobilise is an online service that offers carers support, advice and guidance.

<https://www.mobiliseonline.co.uk/>

Carers Card UK

Is national and for anyone that provides support to a spouse, partner, child, parent, relative, friend or neighbour who cannot manage without your help. It includes emergency contact support, unlocks discounts, etc. It costs £8.00 for two years.

<https://www.carerscarduk.co.uk/>



Cheshire East Carers Hub

Cheshire East Carers' Hub provide information, advice and a wide range of specialist support services designed to help carers continue their caring role for as long as they choose and reduce the impact of the caring role can have on their own health and wellbeing. Wide ranging support includes: 1-2-1 or group-based support, support to take a break, information, advice and guidance, access to a 24-hour CHAT Line manned by other carers, etc.

Tel: 0300 303 0208.

Email: enquiries@cheshireeastcarershub.co.uk

Website: www.cheshireeastcarershub.co.uk/

Carer Emergency Card

Having a contingency plan in place can help to provide peace of mind if you are unable to care for those who rely on your support due to an unforeseen circumstance or emergency. Cheshire East Carers' Hub can provide a Carers Emergency Card and an accompanying Emergency Care and Support Plan document that can support you with putting a contingency plan in place. Please telephone 0300 303 0208 or email enquiries@cheshireeastcarershub.co.uk

Cheshire East Council's Living Well

There's lots of information for carers here.

<https://www.cheshireeast.gov.uk/livewell/looking-after-someone/carers-of-adults/carers-of-adults.aspx>

End of Life Partnership

Have a range of online community sessions to equip carers with the knowledge, skills and confidence to support the people being care for. They provide resources and courses to help with caring for someone with dementia, end of life planning and coping with bereavement.

<https://eolp.co.uk/public-health-community-sessions/>

01270 310260 or info@eolp.org.uk



Services - Local

Cheshire and Wirral Partnership - Adult and Older People's Community Mental Health Team

The Community Mental Health Team provides assessment, diagnosis, treatment and follow up to people with memory problems. They work closely with GPs and a person is referred to them following an initial discussion about their memory with a GP.

The team are based at Jocelyn Solly Resource Centre, Victoria Road, Macclesfield, SK12 3JE.

Telephone: 01625 505600.

Dementia Reablement Service

The Dementia Reablement Team offers support following an initial diagnosis of early-stage dementia from the Memory Clinic. They provide information and practical advice to enable a person to continue to enjoy a good quality of life with family and friends, to feel confident and to remain independent and stay safe at home. They can help to access social groups and activities and provide information on dementia friendly shops and leisure activities. They can advise on assistive technology and using smart phones or tablets to assist with everyday tasks as well as provide support and advice for carers. The service is available during weekdays and is flexible so support can also be provided during the early evening. The office is open Mon - Thurs 9am - 5pm, and Fri 9am - 4.30pm.

North Team. Telephone: 01625 378287.

Email: dementiareablementnorth@cheshireeast.gov.uk



Advanced Dementia Support Team at the End of Life Partnership

The Advanced Dementia Support Team (ADST) are a multi-disciplinary team of specialist professionals and can provide advice and education to family carers caring for someone with advanced dementia either at home or in a care setting. The service works with carers (and professionals) in end of life care, for people with advanced dementia.

To be eligible for this service the person living with dementia must already have a diagnosis and require 24/7 support. To contact them:

Telephone: Referrals: 01270 904 490

Email: eolp.adst@nhs.net

Website: <https://eolp.co.uk/62-2/advanced-dementia->



East Cheshire Hospice



Dementia Carer Well-Being programme

This is a structured eight-week wellbeing and support programme open to carers of people with dementia. Carers are able to bring the person with dementia with them and they will experience a programme of cognitive stimulating activities in the room next door whilst the carer learns. Programmes are delivered from Poynton Civic Hall.

Love to Move

The programme integrates the use of gymnastic foundation skills, cognitive stimulation therapy and social interaction activities and benefits older people and those with dementia and mild cognitive impairment by improving cognitive function, coordination, and the ability to carry out activities of daily living more independently.

Singing for the Soul

This is a singing group which involves singing to music with light movement.

Dementia Cafes

Connect with others facing similar experiences at our dementia café. Enjoy a warm, supportive environment where you can share stories, find resources, and participate in engaging activities. Whether you're living with dementia or caring for someone who is, you'll find friendship and understanding here.

Call 01625 666990 for more information and self-refer or see the website: echospice.org.uk/dementia-support

Time to Talk – Bollington, Disley, Poynton

These are drop-in sessions throughout the year, available for people living with dementia and their carers. Health and social care professionals with experience of supporting people living with dementia and their carers offer support at the session or signpost to someone who can help. The sessions are held at the Civic Hall, Poynton; Community Centre, Disley and Bridgend Centre, Bollington. For more information contact Poynton Town Council on 01625 872238.

Middlewood Partnership - Social Prescriber Link Workers

Middlewood Partnership's Social Prescriber Link Workers support people with their health and wellbeing by helping people to access services they need and to get involved in their community. They support people living with dementia, memory problems and carers of people living with dementia. For more details, please ask at your G.P Surgery (Middlewood practices only).



Live Well Cheshire East

Live Well Cheshire East is an online resource giving you greater choice and control to support you and your family. You'll find useful information and advice, support and activities on a range of subjects, including dementia.

<https://www.cheshireeast.gov.uk/livewell/livewell.aspx>

Admiral Nurse at Macclesfield Hospital

If you or your relative has a diagnosis of dementia and you would like additional support, information or advice about dementia whilst you are in hospital, contact the Admiral Nurse on 01625 661347 or email

ecn-tr.admiralnurse@nhs.net

Belong Macclesfield

Belong Macclesfield offers households for those requiring 24-hour support and modern apartments for independent living within our vibrant community and is located at Kennedy House, Macclesfield, SK10 3DE. Telephone 01625 508700 for more information or visit belong.org.uk

Age UK Cheshire

Age UK Cheshire provide a wide range of services and provide information, advice, advocacy, dementia support, day care, social activities and advice on money and benefit entitlement.

Website: <https://www.ageuk.org.uk/cheshire/our-services/>

Bollington, Disley & Poynton Dementia Steering Group



Bollington, Disley & Poynton Dementia Steering Group are a group of volunteers who are supported by Poynton Town Council to raise awareness of dementia and encourage community support. It also includes representatives from the three areas and welcomes anyone who might like to offer support. For more information contact Sharon Duke, Communities Co-ordinator, Poynton Town Council, Poynton Civic Hall, off Park Lane, Poynton, SK12 1RB. Telephone no. 01625 872238 or email Sharon.duke@poyntontowncouncil.gov.uk

Local groups

Coffee and Chat – Bollington Dementia Friendly Group

Meet at Bollington Library every Wednesday 2.00pm - 3.00pm for a coffee and a chat and a warm welcome in a relaxed atmosphere. Advice, information, support and friendship.

Organised by Bollington Dementia Action Alliance.

Facebook: <https://www.facebook.com/groups/732321963902266>

Email: Helen on helen_sheldon@hotmail.com

Gill on gill.lancaster37@btinternet.com

Poynton Golden Memories Group

Fortnightly sessions are for people living with dementia and their carers. Friendly voluntary group run by carers of loved ones living with dementia. Offering peer support, laughter, enjoyment, lunch and refreshments. Activities include singing, dancing, gentle exercise, games and crafts. The sessions are alternate Wednesdays from 11am – 3pm at Poynton Civic Hall. The cost is £10 per couple.



For more information contact Judy Hatton – 01625 879376 / 07768 160095; Gerald Scriven– 01625 875261 / 07775 812433; Pauline Winfield 01625 879273 / 07809 371667

Website: poyntongoldenmemories.org.uk

Facebook: <https://www.facebook.com/Poynton-Golden-Memories-Group->

Living Well – St.George’s Church, Poynton

A drop-in for everyone, including those with memory loss - offering friendship, a warm welcome, and a chance to socialise. Alternate Tuesdays. The group meet at St Georges Church Hall, 2.15pm – 4.15pm. For more information telephone: 01625 879277 or email: office@poyntonparishchurch.org

Disley Friends Social

Dementia friendly group. Make new friends, enjoy music, sing, dance, chat, drink tea and eat cake. Every second Friday of the month, 1.30pm - 3.30pm at Disley Community Centre, off Buxton Old Road, Disley, SK12 2BB. £2 per session. For more information contact dandafrancis17@gmail.com or telephone 01663 764012.

Dementia Disco

Free-to-attend, regular discos for people with dementia, their carers, family and friends. A night out full of life, laughter and music. Discos are at Poynton—at The Club, 142 Park Lane or Poynton British Legion, Cheadle Hulme and Heaton Mersey. Find out more and book a place see the link below

<https://dementiadisco.org/>

Groups— a little further afield

Macclesfield Singing for the Brain Group

Tytherington Family Worship Church, Macclesfield, SK10 2UD. Telephone Macclesfield Alzheimer's Society on 0300 369 0570 to register - referral only.

Email: cheshire@alzheimers.org.uk

Always Active

Always Active Day Centres at Handforth, Macclesfield, Bramhall & Knutsford. provide a range of activities, a chance to socialise and meet friends and a meal for older people, who do not have specialist needs. Staff and volunteers organise different activities and entertainment. For further information and prices:

Tel: 07972 572054

Email: enquiries@alwaysactive.org.uk

Website: <http://www.alwaysactive.org.uk>

Tytherington Golden Memories Group

Tytherington Family Worship Church, Sandwich Drive, off Dorchester Way, Macclesfield, SK12 2UZ. The group meet on the first Tuesday of the month from 10.00am – 12.00pm and provide support and friendship and a morning of gentle activities, entertainment, singing, music, and fun. Telephone 01625 615195 or

Email: Office@tfwchurch.com for more information.

East Cheshire Young Onset Dementia Group

This is a Peer Support Group aimed at those aged under 65 (or just over) who have been diagnosed with any type of dementia, and their carers.

The group is an opportunity to meet others and socialise in a safe, understanding and relaxed environment. Meet at Astbury Village Hall, Peel Lane, Astbury, Congleton, CW12 4RQ. Contact 0300 369 0570 or email

YODnetwork@alzheimers.org.uk



Connecting Everybody - Everybody Health & Leisure

Aimed at people with young onset dementia (under 65). A friendly group offering fun, games and activities to stay active and social. Every Thursday, 10.45am -12.15pm at Holmes Chapel Community Centre. To book call 01477 689557.

Music Café - Hope Centre, Macclesfield

Every Tuesday, 2pm - 3.30pm. To attend this Music café or for more information on parking and accessibility contact managerhopecentremacclesfield@gmail.com or telephone 07553566070.

In Together Wilmslow

A weekly group for socialising over drinks and cakes, engaging in activities, talks and entertainment for those with memory problems or dementia and their family and friends. Held weekly on Mondays 2pm - 4pm, at Wilmslow Methodist Church, Kings Close, Water Lane, Wilmslow, SK9 5AR. Telephone 07786 482048 to check availability with Sally Mendham.

In Together Handforth

A group for people with dementia and their carers. St. Mary's Church Hall, Wilmslow Road, Handforth, SK9 3LF.

Join us for tea, cakes, activities and games. For more information contact Roberta on 016235 528569. robertag62@icloud.com Thursday's 2pm - 4pm.

Music in mind - Manchester Camerata

Music Cafés are organised and run by Manchester Camerata's Music in Mind programme and use music therapy-based principles to improve the health and wellbeing of people with dementia and their carers. Using handheld percussion instruments, participants will find new ways to communicate and have fun, whilst also discovering further support within their community. For more information about Cafes and their location see the link.

<https://www.musicinmind.org/music-sessions/schedule>

ABCD Club

A club for people living with dementia and their carers with singing, music, craft and games and armchair activities. Meet at Broken Cross Methodist Church, Chelford Road, Macclesfield, SK10 3JR on the 1st and 3rd Thursday of each month, 1.30pm - 3.30pm. Refreshments served (donations welcome). For further details please contact: John Morrell 07915 252535 or Jean Sillifant 01625 402446.



No Tier Snooker Society, Hazel Grove

From January 2026 at Hazel Grove Snooker Club, Unit 1-2 Macclesfield Road, Stockport, SK7 5EN. A welcoming environment for those with FTD or early-onset dementia. Enjoy snooker and refreshments and meeting others walking in the same shoes. Exclusive access for society members, carers and loved ones, both men and women welcome.

Register interest by email: info@notiersnooker.co.uk or telephone Ian on 07555 524 862.

90 Minute Club Stockport County's Sporting Memories Programme



A free of charge weekly social group for people aged 60+ including support for people living with dementia. Sessions include special guest speakers, County memorabilia. Every Wednesday 2pm—3.30pm at Edgeley Park. Call 0161 266 2700 or email e.owen@stockportcounty.com

Age UK Cheshire. Bright Memories Dementia Service

This is a dementia activity group in **Macclesfield** suitable for people living with the early stages of dementia. Mondays, 10.30am-2.30pm. For more information and costs telephone 07917 638820 or email brightmemories@ageukcheshire.org.



Useful resources

Learning to live with dementia folder at Bollington Library.

This folder is packed full of useful information.

M4D radio

M4D radio is part of the Music for Dementia campaign to make music available to everyone living with dementia. If you have an Amazon Alexa device you can simply ask Alexa to 'Play M4D Radio'. Alternatively visit the link to watch a video of how you can use the m4d Radio Alexa Skill for Amazon Alexa devices

<https://m4dradio.com/how-to-listen/>



Cheshire East library

Reading Well Books on Prescription for dementia recommends books you might find helpful about dementia. Call in at Poynton Library or online for more information.

<https://reading-well.org.uk/books/books-on-prescription/dementia>



Cheshire East Library - Memory Boxes

Cheshire Memories is a collection of individually themed Memory Boxes containing a range of material, including objects, photographs, poetry, music, books and smell boxes. They are ideal for reminiscence activities and are available for use with social/community groups and other local organisations. They can be borrowed on a library card for three weeks for £10.00.

For details of the full collection and to reserve a memory box, please visit the [Cheshire Libraries catalogue](#) and search for 'memory box'.



Relish

This company supplies a range of products and activities to promote positive health and wellbeing throughout a persons dementia journey.

<https://relish-life.com/>

Services - National

Alzheimer's Society

Dementia Connect Telephone Hub

Dementia advisers are available on the phone to give people the support they need. If more intense or complex support is required you can be referred to one of their community Dementia Advisers who will support face to face.

Tel: 0333 150 3456.

Opening hours: Monday to Wednesday, 9am – 8pm;

Thursday and Friday, 9am – 5pm. Saturday and Sunday, 10am – 4pm.

Alzheimer's Society factsheets and online community

Factsheets are available to download from the website www.alzheimers.org.uk

And also the [Dementia Guide](#).

Dementia Talking Point

This is an online forum where anyone affected by dementia can ask questions, share experiences and receive support. It's free and open day and night.

<https://alzheimers.org.uk/talkingpoint>

You can use Alzheimer's Society [Dementia Directory](#) to find local support services for people with dementia and their carers in England, Wales and Northern Ireland. The directory lists all the support services in proximity to a postcode, provided by all organisations we know of including other charities and local groups.

Dementia UK - Admiral Nurses

As dementia specialists, Admiral Nurses help families manage complex needs, considering the person living with dementia and the people around them. Admiral Nurses will listen, give tailored advice, emotional support, practical tips for caring, finances and benefits and information with arranging care.

Call the Helpline for free on 0800 888 6678 (Mon-Fri, 9am—9pm, Sat & Sun, 9am – 5pm)

Email: helpline@dementiauk.org

To book a telephone or Zoom appointment with an Admiral Nurse at a time that works for you, please visit : <https://www.dementiauk.org/get-support/closer-to-home/>

For free advice leaflets, videos and other resources on dementia, from getting a diagnosis to advice for daily living, visit <https://www.dementiauk.org/get-support/>



tide

tide, 'together in dementia everyday', is a UK wide involvement network of carers, former carers and health and care professionals who are working together to build a better future for carers of people living with dementia. To find out more about what they do and get involved visit their website <https://www.tide.uk.net/>



deep

DEEP stands for the Dementia Engagement and Empowerment Project – it is the UK network of dementia voices. DEEP consists of around 80 groups of people with dementia – groups that want to change things.

For more information visit their website <https://www.dementiavoices.org.uk/>



Services - International

Teepa Snow

Teepa Snow is an occupational therapist who specialises in dementia care and dementia education. She has experience in neurological impairment care from both her personal and professional life and her company, Positive Approach to Care, offers education to family and professional care providers with training, services, and products which are available through video, online education, and in-person trainings and consulting.

Teepa's care strategies and techniques foster positive outcomes and create supportive environments. Teepa has useful YouTube videos on a variety of topics and how to best deal with situations.

<https://teepasnow.com/>

<https://www.youtube.com/watch?v=pqmqC-702Yg>

<https://teepasnow.com/resources/pac-videos-about-dementia/>

Careblazers. Dr. Natali

Dr. Natali is a gero-psychologist who is passionate about making sure all dementia caregivers have access to trustworthy information and support as they go through the dementia caregiving journey. There is a lot of useful information and videos on the link below.

<https://www.careblazers.com/>

There are also a number of YouTube videos that you may find useful.

<https://www.youtube.com/channel/UCVgK5-w1dilMx7bPVB5yNug>



Be Light Care Consulting



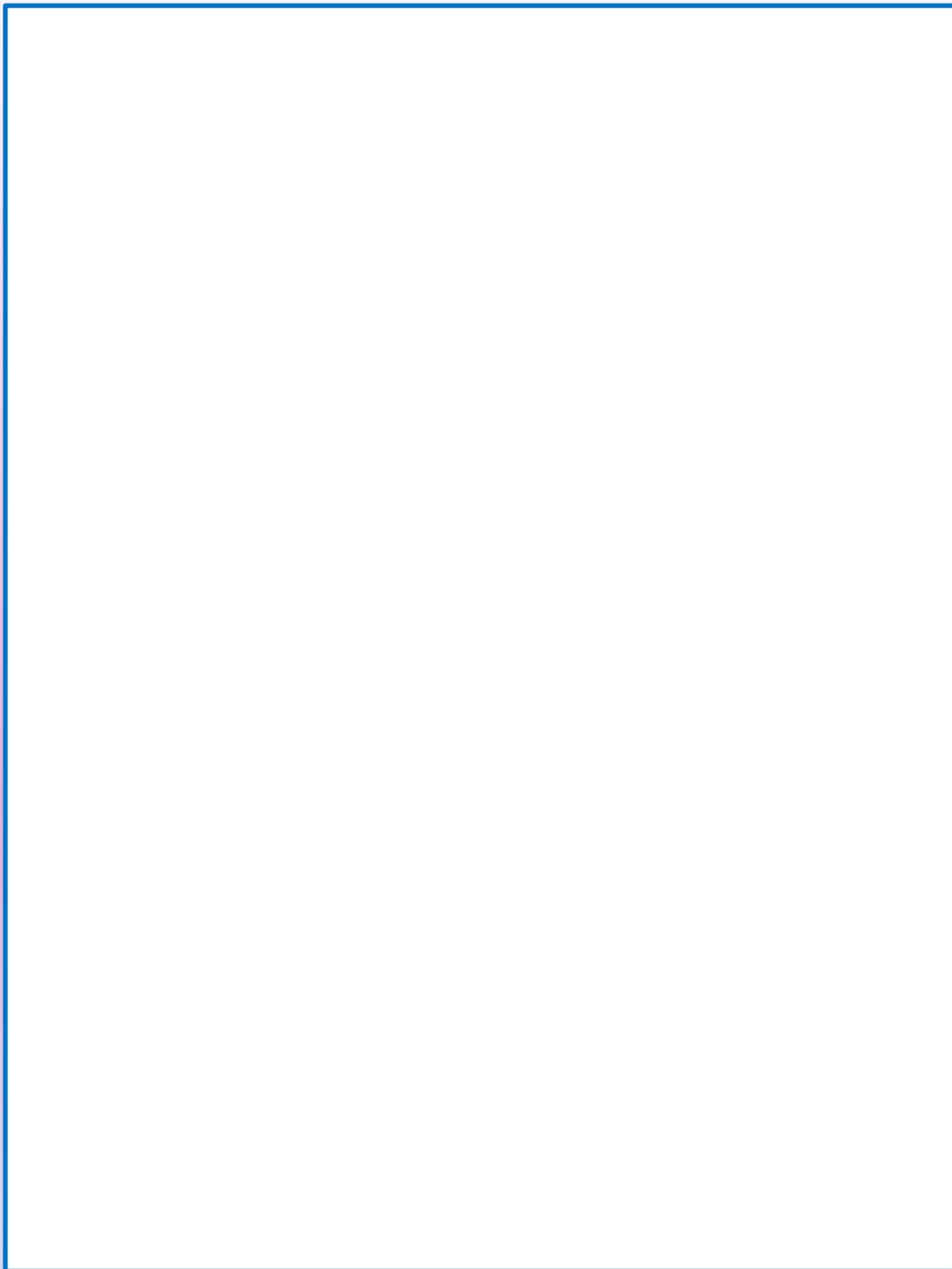
Adria Thompson is a Speech Language Pathologist specialising in communication and dedicated to improving the lives of people with dementia and other neurodegenerative diseases. Carers find the Facebook page '**Be Light Care Consulting**' useful, as there's often videos on how to deal with day to day challenges.



Q be light care consulting



Personal useful telephone numbers and contacts



This booklet has been collated by Poynton Town Council supported by Poynton Dementia Steering Group. To the best of our knowledge, the information contained in this booklet is accurate at the date of publication, however Poynton Town Council does not assume any liability whatsoever for the accuracy and completeness of the information.

References

Dementia UK. Making the home safe and comfortable for a person with dementia leaflet.

What you can do after a Diagnosis of Dementia by The Dementia Engagement and Empowerment Project (DEEP) East Cheshire.

Macclesfield Later Life and Memory Services Information Pack by Cheshire and Wirral Partnership NHS Foundation Trust

The Alzheimer's Society Website.

Organisations and groups mentioned in the booklet.

Information from Cheshire East Dementia Steering Group.

